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**WHAT IS CLAIMED IS:**

**Claim 1.** A gliding or rolling board comprising:

- a first end and a second end;
- a length measured along a longitudinal direction between said first and second ends;
- a first edge and a second edge;
- a width measured along a transverse direction between the first and second edges;
- a gliding surface and a rider support surface;
- a height measured between the gliding and rider support surfaces;
- at one reinforcement extending along the board at a predetermined height-wise position;
  - from the first end to the second end, the board having a first end zone, a central zone, and a second end zone;
  - in the central zone, at least one of the at least one reinforcement having at least a portion with structure mechanically weakened structure with respect to a structure of a remainder of the reinforcement.

**Claim 2.** A board according to claim 1, wherein:

- the central zone successively has a first retention zone, a second intermediary zone, and a second retention zone;
- the portion having a mechanically weakened structure is positioned in the second intermediary zone.

**Claim 3.** A board according to claim 1, wherein:

- the portion having a mechanically weakened structure comprises a mechanical weakening made by a reduction in quantity of material within the reinforcement.

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**Claim 4.** A board according to claim 1, wherein:  
the reinforcement has at least one groove, each of the at least groove having a substantially linear form and being substantially oriented along the longitudinal direction of the board.

**Claim 5.** A board according to claim 4, wherein:  
a fitting demarcates an inside of a groove, the fitting extending opposite the reinforcement and the core.

**Claim 6.** A board according to claim 4, wherein:  
the core has a housing for a fitting, the fitting extending only along the core in order to form a bottom of a groove of the reinforcement by being flush with the reinforcement on the side of the core.

**Claim 7.** A board according to claim 4, wherein:  
a groove of the reinforcement is plugged by a fitting.

**Claim 8.** A board according to claim 1, wherein:  
the reinforcement has at least one groove, the groove reducing the thickness of the reinforcement in the area in which the reinforcement extends.

**Claim 9.** A board according to claim 8, wherein:  
the groove is oriented substantially longitudinally with respect to the board.

**Claim 10.** A board according to claim 8, wherein:  
the groove has a rounded form.